

How to Take and Record your Temperature With a Disposable Thermometer

To Take Temperature

For older children and adults

1. Place the green dot side of the thermometer under the tongue. Place it as far back under the tongue as possible.
2. Hold thermometer under the tongue and close mouth..
3. After waiting at least 1 MINUTE, remove the thermometer from the mouth and read the thermometer.

For children less than 3 yearof age or other children who may have difficulty holding the themometer under the tongue

1. Place thermometer under the arm, in the armpit.
2. Hold the child's arm down to hold the themometer in place.
3. After waiting at least 3 MINUTES, remove the thermometer from the armpit and read the thermometer.

To Read Temperature

1. Read the temperature immediately after removing the thermometer from the mouth or armpit.
2. Look for the last dot on the grid that has turned **BLACK**. This dot indicates the temperature reading.
3. **RECORD TEMPERATURE in the Symptom Record.**
4. DISCARD THERMOMETER in a waste container.

NOTE: Normal temperatures taken under the arm or by mouth are between 97°F to 99°F.



Thermometer before taking temperature. Notice the green dots.



Thermometer after taking temperature showing a temperature of 102.2 °F